

A Volkswalk is designed for fun, fitness, and family. It is a walk along a pre-marked route. It is non-competitive and not timed. An adult must accompany children under 12. Anyone who pays the registration fee and completes the distance will receive the event and distance credit. You may walk for free if no credit or award is desired. All are welcome.

Procedures: Walk, jog, or run at your own pace. All participants must carry a start card for validation at control points. The card is to be turned in upon completion of the walk.

Disclaimer: Participants do so at their own risk. The sponsor will make every reasonable effort to make the events safe and enjoyable for all. However, the sponsors, organizers, and the American Volkssport Association cannot be held responsible for any lost or stolen articles, accidents, or injury of any kind at any time.

Start Location: Rancho San Diego Library
11555 Via Rancho San Diego
El Cajon, CA 92019

Ask a person behind the main desk for the "Walking Box."

| Rancho San Diego Branch Hours | | | | | | |
|-------------------------------|--------|--------|--------|--------|--------|-----|
| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| 9:30-6 | 9:30-8 | 9:30-6 | 9:30-8 | 9:30-5 | 9:30-5 | 1-5 |

Trail Description: The walk is rated a 1+. It will be on city streets and on the dirt trail in the Damon Lane County Park.

Pets are OK on a leash with cleanup.

Not suitable for wheelchairs due to the dirt trail in the San Elijo Lagoon Preserve. Strollers ok, but very difficult on dirt path.

We request that you walk from dawn to dusk only.

Host: San Diego County Rockhoppers
For Information call Steve d'Adolf at 858-451-2130 or via email at: sdadolf@san.rr.com

Information on other walks sponsored by the San Diego County Rockhoppers can be found at the club's web site:
www.sandiegorockhoppers.com

Start Card:

There is no pre-registration, and everyone must obtain a start card and pay the appropriate fee if credit is desired. All start cards must be returned at the completion of the event. Upon your return, stamp your books if credit is desired. Remember, only one EVENT CREDIT for the first half year and one event credit for the second half year may be entered in the event book for each event. You may participate for DISTANCE CREDIT without limit.

IVV credit is \$3.00, others free.

Miscellaneous: There are numerous restaurants along the route, in all price ranges. Water and rest rooms are available along the route.

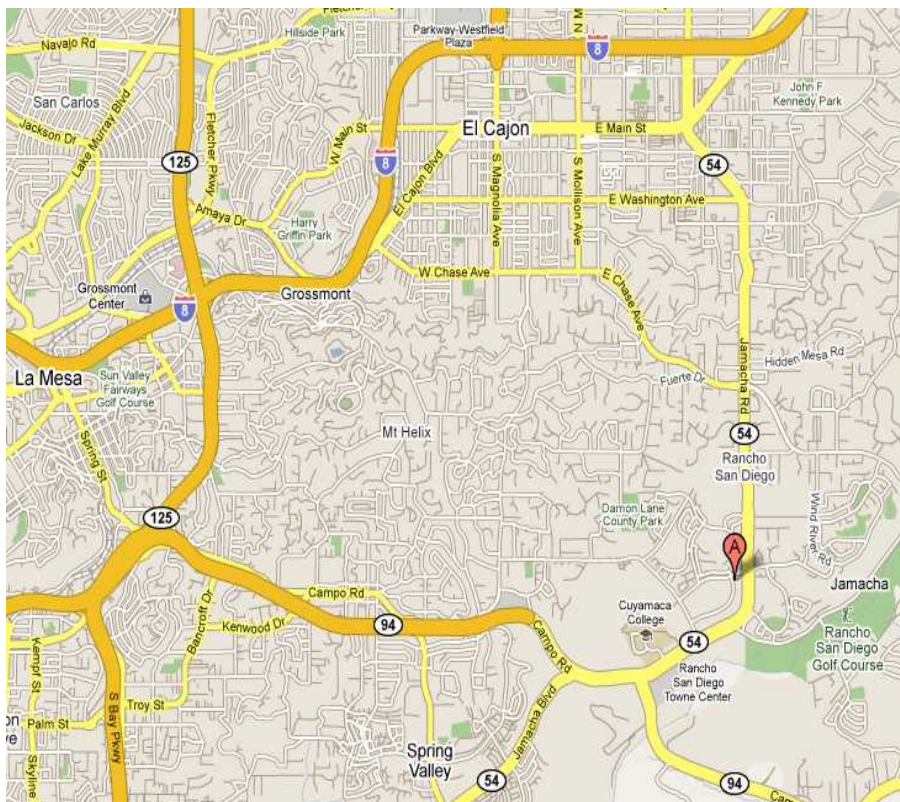
Special thanks to the administrative staff of the **Ranch San Diego Library** for their cooperation in making this year-round walk possible.



Directions:

From I-8 - From the east or west, exit at 2nd Street (Route 54) and head south for 3.8 miles. Turn right on Brabham Street. Turn left on Via Rancho San Diego. The library will be immediately on the left hand side.

From Route 125 – Exit at Route 94 and head east. At the 4 mile point, keep left onto Route 54. At 5.5 mile point, turn left on Brabham Street. Turn left on Via Rancho San Diego. The library will be immediately on the left hand side.



Year-Round Volkswalk Rancho San Diego Library

El Cajon, CA

10K (6 miles) & 5K (3 miles)

January 1 to December 31, 2010

Credit Only



Sanction Number PA 85419

San Diego County Rockhoppers

AVA 392, CA 23



**SANCTIONED
EVENT**



*Eligible for credit toward
IUU Achievement Awards*

AVA Special Programs:
Museum and Firehouses